

**CLAIMS:**

1. A shoe horn attachment for a shoe, the attachment having: guiding means for  
guiding the heel of a user's foot as the user inserts the foot into the shoe; and at least  
5 one fastener for securing the attachment to the shoe.
2. An attachment as claimed in claim 1 and comprising a first side portion having  
an internal profile generally complementary to the external profile of one side of a  
human foot.  
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3. An attachment as claimed in claim 2 and comprising a second side portion  
spaced from the first side portion and having an internal profile generally  
complementary to the external profile of another side of a human foot.
- 15 4. An attachment as claimed in claim 1 wherein the fastener comprises an  
adhesive.
5. An attachment as claimed in claim 4 wherein the fastener comprises one or more  
self-adhesive strips.  
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6. An attachment as claimed in claim 1 wherein the fastener comprises a member:  
adapted to be crimped over the rim of a shoe.